



For Tired Nerves.
After a trying afternoon in the shops or at business take a hot lemonade with a dash of pineapple fruit syrup and you will be surprised at the revival of energy and general relaxation it affords. If the drink is taken at a soda fountain be careful not to get chilled when going out of doors. Hot lemonade opens the pores of the skin and causes one to be particularly sensitive to cold.

No complexion lotion has been found equal in beneficial results to lemon juice. The juice should be applied after the face is carefully bathed in hot water and a pure mild soap to remove all particles of dust and grime. If contact with the face causes a stinging sensation, as it is sure to do, it is merely tangible evidence that the lemon is doing its work.

The juice should be gently massaged into the face until dry and should be allowed to remain overnight. In the morning bathe it off with warm water and the merest hint of soap and apply a greaseless cream and pure rice powder as a soothing influence and a protection from the cold.

Skin blemishes, such as pimples, blackheads, brown spots and freckles, yield quickly to this treatment, which eventually refines and bleaches as well as improves the texture.

As for the flesh reducing value of lemon, it lies in the well known fact that acid is the enemy of superfluous flesh. Discomfort caused by added pounds melts away before the fruit diet for the simple and sufficient reason that when the outward supply of flesh producing foods is cut off the system feeds upon its own fatty tissues, much to the relief and joy of the consumer and consumed.

So then, the season of candy and sweets being past, let the beauty seeker go in search of that homely little fruit—the lemon.

Don'ts For the Woman of Forty.
"When we are forty there isn't any reason why we should look it." So said a beauty lecturer recently in one of her "talks," and the following are some of her "don'ts" to the woman who would rejuvenate herself.

"Every time you lose your temper or grow whining or irritable you add to your age in appearance. Whenever you feel angered remember to relax your jaw, and the feeling will disappear.

"If you live in the past you are sure to look older than you are. Women who are continually referring to things they used to do are going backward and not forward. Can you imagine a chicken after being hatched longing to get back to its shell? The whole impetus of the world is forward.

"Then people who lack imagination are always tiresome, and that means they seem old.

"Never elevate your eyebrows when you talk and don't feel too sympathetic, bold, hands and sway together as some women do when they are gushing over each other. A woman doesn't mean anything by that, and the next day if you needed her she wouldn't be on hand, for she would be swaying with some other woman."

"Change your style of dress and the way you do your hair and get out of any habit or rut you may have fallen into. Get a new dressmaker and milliner and decide to wear something different from anything you have had before. That will make you feel younger and give you a new interest in life. Habits are the signs of age.

"And remember that there is no such thing as age in charm and that the characteristics of the woman of sixty are quite as attractive as those of a young girl."

Recipe For Chapped Lips.
A favorite prescription among druggists is made as follows: Take lard, sixteen parts; cacao oil, twenty-four parts; spermaceti, eight parts; yellow wax, three parts; alopecia root, one part. Put these over a fire, preferably in a double boiler, and fuse them for fifteen minutes at a gentle heat, strain through a cloth and add one-fifteenth part of oil of bitter almonds and, if a pleasing odor is desired, one-sixth part each of oil of bergamot and oil of lemon.

Pure rendered mutton tallow is held by many to possess excellent healing qualities for chaps.

Tonic For White Hair.
Pour a half pint of boiling water over a tablespoonful of powdered castle soap. Add a pinch of borax, the beaten whites of two eggs and a teaspoonful of histerine.

Only lukewarm water should be used on white hair and no beat used in the drying process. Curling irons should never touch such hair, as the extreme heat will cause it to break and fall off, leaving it in a ragged, uneven condition. In rinsing white hair always use the coolest water possible, and to the last water add a little dissolved ultramarine blue.

A Beauty Tip.
If the circulation is defective try some simple hand exercises. Clapping them rhythmically, twisting the fingers with a different interlacing every time, shaking them loose from the wrists—all these will help to bring the blood to the farthest confines of the finger tips, and external care will do the rest.

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Woman's World

Interesting Home Life of
Mrs. Philander C. Knox.



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MRS. PHILANDER C. KNOX.

By far the most interesting side of the life of a public man or woman is the domestic side, and probably there is no woman in Washington's official set who could stand closer scrutiny from this viewpoint than Mrs. Philander C. Knox, wife of the secretary of state.

Mrs. Knox is very domestic in her tastes, although she also assists her husband in the social duties of his position. She has a special love of flowers, and the charming fancy is hers of always having her homes, both at Valley Forge, in Pennsylvania, and her charming house at the capital, adorned with violets arranged in cut glass bowls. When living at Valley Forge, Mrs. Knox takes a special interest in the flower garden and has much skill in raising plants. Many a delicacy finds its way to the White House table under her direction, for all the old fashioned accomplishments, like the making of pickles and preserves and jellies, are known to her.

Perhaps there are few women in public life who are better or more constant readers than Mrs. Knox. There is a conveniently arranged light at the head of her bed, and one of her fancies is for reading after she retires.

The residence of Secretary and Mrs. Knox is one of the best adapted to entertain on a large scale of any in Washington. It is situated on K street, one of the fashionable thoroughfares at the capital, and is of light buff brick, with white stone trimmings. Its generous entrance, wide windows and lofty appearance make it one of the most imposing residences in that part of the city. Every detail of the furnishing has been carefully thought out by its mistress from the rich lace stretched plainly over the great plate glass windows to the most minute furnishings. Everything is suggestive of elegance and good taste.

The Family Bulletin Board.
In a large family where the members go out a great deal a family bulletin board is a convenience. It may be of a sheet of celluloid, a small blackboard or a large slate with pencil attached and should be hung in a part of the house where all the members of the family pass at some time of the day. The dining room or the front hall would be a good place to hang it.

On the bulletin board the family post notices of regular interest which they have forgotten to impart at breakfast or dinner. One day's substance can like this:

"Had a letter from Mary Smith. She wants Tom to send her the address of that antique dealer where he bought the blue pitcher. Sue."

"Won't be home to dinner tonight. Tom."

"Don't forget the church supper Friday. There'll be no supper at home. Mother."

"Has any one seen my tennis racket? Jean."

"Mrs. Henderson phoned; wants mother to call her up as soon as she comes in Jean."

And so it goes. Messages, callers, telephone calls, neighborhood news, engagements, lost and found articles, are tabulated here for the benefit of all. The result is a surprising lessening of household friction. Occasionally some verse which the rest of the family will enjoy. Even the cook and housemaid use the bulletin board and like the convenience of it. The board may be washed whenever necessary.

Women Compose Cabinet.
Santa Monica, Cal., is to be the first city in the United States if not in the world to have a municipal advisory cabinet of women. Mayor Elect K. H. Dow has appointed seven women, one from each of the seven wards.

Before election he promised the women that if successful he would give them a voice in the city government.

"Not only will they be consulted as to appointments," said the mayor elect, "but they will be called on for advice in all matters affecting municipal legislation."

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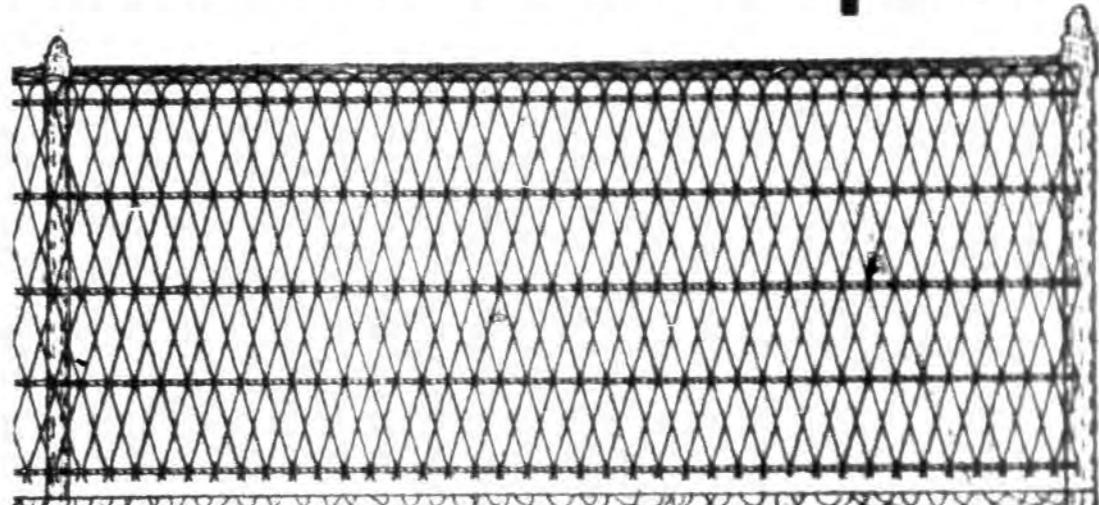
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